

# course application

MERRITHEW™ EDUCATION

For training center contact information visit [merrithew.com/education/wheretotrain](http://merrithew.com/education/wheretotrain)

## contact information *please print*

name: \_\_\_\_\_ company name *(if applicable)*: \_\_\_\_\_

address: \_\_\_\_\_  
\_\_\_\_\_

city: \_\_\_\_\_ state / province: \_\_\_\_\_ country: \_\_\_\_\_ zip / postal code: \_\_\_\_\_

phone day: \_\_\_\_\_ evening: \_\_\_\_\_ email: \_\_\_\_\_

## course registration

- Space is limited and applications will be processed on a first come-first-served basis.
- Space will ONLY be reserved upon the receipt of application and a 20% deposit of the course fee.
- Fees for courses and workshops do not include required course materials, applicable taxes or exam fees. Prices are subject to change without notice.
- For full details on cancellation and change policies contact the training facility.
- Applicants under the age of 18 are subject to registration approval by the Senior Program director, Toronto Corporate Training Center.
- Some courses have prerequisites.
- Additional information may be required once application is received,  
i.e. a detailed resumé / CV outlining education and experience and two letters of references.

## start date requested & course location

\_\_\_\_\_ Core Windsor  
13 Alma Road, Windsor SL4 6AZ

### Education

2200 Yonge Street, Suite 500, Toronto, ON, Canada M4S 2C6  
**phone** 416-482-4050 **fax** 416-482-2742 **email** [educationadvisor@merrithew.com](mailto:educationadvisor@merrithew.com)  
**toll-free** North America 1-800-910-0001 UK 0800-328-5676

# course application (cont'd)

## Intensive Program – STOTT PILATES

**FA** Functional Anatomy – 30 hrs

**IMP** Intensive Mat-Plus™ – 40 hrs

**IR** Intensive reformer – 50 hrs

**ICAD** Intensive Cadillac – 25 hrs

**ICHR** Intensive Stability Chair – 15 hrs

**IBRL** Intensive Barrel – 10 hrs

## Advanced Program – STOTT PILATES

**ISP** Injuries & Special Populations – 24 hrs

**AM** Advanced Matwork – 6 hrs

**AR** Advanced reformer – 18 hrs

**ACAD** Advanced Cadillac – 6 hrs

**ACHR** Advanced Stability Chair – 3 hrs

**ABRL** Advanced Barrel – 3 hrs

## Instructor Foundation Course Programs

**ZM1** ZEN•GA- instructor Foundation Course, Mat – 7 hrs

**ZE1** ZEN•GA- instructor Foundation Course, equipment – 7 hrs

**CA1** CORE- instructor Foundation Course – 7 hrs

**TB1** Total Barre- instructor Foundation Course – 7 hrs

## relevant education

Please list related degrees, diplomas, post-secondary or certificate courses and workshops, including Merrithew education

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describe anatomy education: (*for STOTT PILATES courses*) include number of hours, when / where you studied and what topics were covered

(e.g. musculoskeletal, anatomy, biomechanics)

college / university course

workshop / other

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# course application (cont'd)

List related certification (please specify: eg. ACe, AFAA)

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## relevant experience

Outline your teaching experience (describe subject taught / years teaching)

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describe your personal experience in dance, fitness or other body work (how many years / how recently)

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Outline your Pilates experience (*for STOTT PILATES courses*)

(describe when & where, indicate the STOTT PILATES method or other)

- none     1-10 hrs     10-30 hrs     30+ hrs

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## personal information

do you have any injuries, conditions or postural issues? Are you currently pregnant or have you recently given birth? Failure to disclose any issues prior to enrolment may result in your removal from the course.

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how did you hear about Merrithew and its education program?

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# course application (cont'd)

why are you interested in Merrithew education?

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Are you using this course to fulfil continuing education credits?  Yes  No

if yes, for what organization?

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## payment method

Please follow all instructions on [www.corepilatesstudios.co.uk/education](http://www.corepilatesstudios.co.uk/education). If you have any questions, email [education@corepilatesstudios.co.uk](mailto:education@corepilatesstudios.co.uk)

### I hereby agree:

- I plan to attend all course hours:  Yes  No
- I certify that the information provided on this application is accurate.
- I understand that failure to provide accurate information may result in my removal from the certification program.

### I have included the following:

- 20% non-returnable/non-transferable course fee deposit
- Proof of certification (if applicable)
- full payment of course materials – optional
- Two letters of reference – optional

signature:

date:

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## email your application

Send your application to [education@corepilatesstudios.co.uk](mailto:education@corepilatesstudios.co.uk)

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